



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
Yoga & Meditation Unit-STHITAPRAJNA
In association with
Mentoring cell-APTHAMITRA



Department*: MCA

Date of Report: 22/9/26

Sl. No.	Particulars	Event related Details			
1.	Event*	Cell Activity			
2.	Title of the Event	Yoga for Computer User		Aligned SDG Goal(s)	3
3.	Date of Conduction	3/9/26 & 22/9/26	4.	Time	12:00PM to 1:00 PM & 11:00 AM to 12:00PM
5.	Venue	MCA Lab, Room No 102, Building No 17			
6.	Resource Person 1 Details	NA			
7.	Topics Covered	NA			
8.	Resource Person 2 Details	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal:	02	External:	Nil
11.	No. Student Participants	Internal:	79	External:	Nil
12.	Faculty Coordinator/s	Full Name: Prof Akshatha Deepak Department: Computer Applications Designation: Assistant Professor Full Name: Prof Sailaja Bhaskar Murthy Department: Computer Applications Designation: Assistant Professor			
13.	Student Coordinator/s	Vinay D J - P03CJ25S126105 II MCA B Sec Nachiketh Gowda I B P03CJ25S126048 II MCA A Sec			
14.	Total Expenditure	-	15.	Sponsors and Amount (if any)	-
16.	Agenda of the Event (Attach a copy)	The session focused on yoga, mindful breathing, posture correction, relaxation, and stress management for computer users.		17.	Provide the link of the report uploaded on College Website
18.	Social Media Links	Yes	19.	Report sent to Newspapers? If yes, provide cuttings/images:	Yes





DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru - 560 078

— Internal Quality Assurance Cell —
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YOGA FOR COMPUTER USER



Stretch. Breathe. Focus. Perform Better.



TIME: (Session 1)
12:00 PM to 1:00 PM
(Session 2)
11:00 AM to 12:00 PM



DATE:
3/9/2026
(Session 1)
DATE:
22/9/2026
(Session 2)



VENUE:
BUILDING NO. 17

• Take a Break. Refresh Your Body. Re-energize Your Mind. •



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Photograph 1: Geo-tagged photograph of the programme venue



Photograph 2: Students actively participating in the programme.



Photograph 3: Students actively participating in the programme.



Photograph 4: Students actively participating in the programme.

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Name of the Activity: Yoga for Computer User

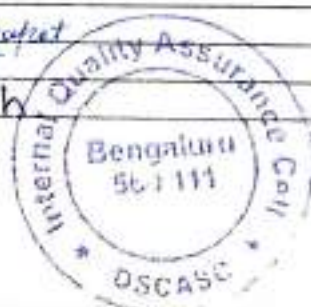
Department: Department of Computer Applications- MCA

Date: 22/09/2026

Section: II Sem B

Time: 11:00PM to 12:00PM

Sl	Student Name	Reg. No.	Signature
1	Vinay D J	P03CJ25S126005	Vinay D J
2	Urmaheshwar N	P03CJ25S126009	Urmaheshwar N
3	Sahana H.P	P03CJ25S126012	Sahana H.P
4	Darshitha C.M	P03CJ25S126067	Darshitha C.M
5	Tulasi H.D	P03CJ25S126098	Tulasi H.D
6	Sanidhya H.Y	P03CJ25S126077	Sanidhya H.Y
7	Suma N	P03CJ25S126088	Suma N
8	Sourabhakree M	P03CJ25S126084	Sourabhakree M
9	Sneha H.J	P03CJ25S126083	Sneha H.J
10	Sumanth C.S	P03CJ25S126115	Sumanth C.S
11	Sanyas G.C	P03CJ25S126078	Sanyas G.C
12	Rajeshwari N	P03CJ25S126118	Rajeshwari N
13	Vaishnavi	P03CJ25S126102	Vaishnavi
14	Radhavi S.P	P03CJ25S126062	Radhavi S.P
15	Sahana R	P03CJ25S126074	Sahana R
16	Prityamshi Poonia	P03CJ25S126061	Prityamshi Poonia
17	Shruti	P03CJ25S126082	Shruti
18	Sakshi R	P03CJ25S126075	Sakshi R
19	Sanskriti	P03CJ25S126076	Sanskriti
20	Zaher B.T	P03CJ25S126011	Zaher B.T
21	Rishi S.L	P03CJ25S126069	Rishi S.L
22	V. Rishi	P03CJ25S126100	V. Rishi
23	Tilak S	P03CJ25S126096	Tilak S
24	Vinay B.S	P03CJ25S126103	Vinay B.S
25	Vikas Hegde	P03CJ25S126104	Vikas Hegde
26	Yashas P.S	P03CJ25S126110	Yashas P.S
27	Vishal P.Shinde	P03CJ25S126106	Vishal P.Shinde
28	Vinitha R	P03CJ25S126107	Vinitha R
29	Vidhanshu Prajapati	P03CJ25S126101	Vidhanshu Prajapati
30	THIRUPATHI	P03CJ25S126095	THIRUPATHI
31	S.Dhanush	P03CJ25S126070	S.Dhanush



32	Rahul R	P03C525S126068	~~Ab~~
33	Shahank R	P03C525S126089	Shy
34	Sae AS	P03C525S126090	Sae
35	Chethan Kumar	P03C725S126112	Chethan
36	Tarun. V. Gopal	P03C525S126093	Tarun
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Event Coordinator Name: Muhame Saigga

Signature: [Signature] 2023



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Internal Quality Assurance Cell

Yoga & Meditation Unit-STHITAPRAJNA

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Mentoring cell-APTHAMITRA



Name of the Activity: Yoga for Computer User

Department: Department of Computer Applications- MCA

Date: 03/09/2026

Section: II Sem A

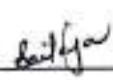
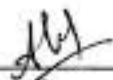
Time: 12:00PM to 1:00PM

Sl.	Student Name	Reg. No.	Signature
1	Het Kumaran	P03CT255126032	Het.
2	Jann Kumaran	P03CT255126033	Jann.
3	Mitesh Detraja	P03CT255126041	Mitesh.
4	Shiraj A	P03CT255126026	Shiraj.
5	Pavan Kumar. M M	P03CT255126059	Pavan.
6	Puneeth Kumar. T. A.	P03CT255126060	Puneeth.
7	Deepak Shinde	P03CT255126017	Deepak.
8	B. Trishul Kumar	P03CT255126009	B. Trishul.
9	Kishore. K	P03CT255126031	Kishore.
10	Arjun. K. J	P03CT255126007	Arjun.
11	Hemant Kumar P U	P03CT255126023	Hemant.
12	Harshith. S. A	P03CT255126021	Harshith.
13	Harshith S	P03CT255126022	Harshith.
14	Kavish M Gaddanmane	P03CT255126029	Kavish.
15	Nachiketh Gowda I. S	P03CT255126048	Nachiketh.
16	Hemanth. N	P03CT255126024	Hemanth.
17	Manan. S. M	P03CT255126039	Manan.
18	Chetan. S. Bari	P03CT255126015	Chetan.
19	Lokesh. B	P03CT255126036	Lokesh.
20	Mahantugunda. V. Patil	P03CT255126038	Mahantugunda.
21	G. Shankar Gowda	P03CT255126019	G. Shankar.
22	Manthesh R R	P03CT255126044	Manthesh.
23	Bhaskar Kumar	P03CT255126010	Bhaskar.
24	Rupesh. N	P03CT255126053	Rupesh.
25	Abhinav. S. Benger	P03CT255126001	Abhinav.
26	P. Ravi. Manthaz Begam	P03CT255126057	P. Ravi.
27	A. Sivarubini Reddy	P03CT255126006	A. Sivarubini.
28	Bhaskar. K. S	P03CT255126011	Bhaskar.
29	Chiranjeevi M. D.	P03CT255126016	Chiranjeevi.
30	Hegadvali. N. T	P03CT255126037	Hegadvali.
31	Archana. N	P03CT255126047	Archana.



32	Lekitha. S	P03CT25S126035	~~Divya~~
33	G. Nayana	P03CT25S126020	~~Nayana~~
34	Mohar D.C	P03CT25S126042	~~Mohar~~
35	Mandana	P03CT25S126045	~~Mandana~~
36	M.S. Poojitha	P03CT25S126043	~~M.S. Poojitha~~
37	Aliya C. K.	P03CT25S126018	~~Aliya~~
38	Nektha	P03CT25S126055	~~Nektha~~
39	Bijaylaxmi Nayak	P03CT25S126013	~~Bijaylaxmi~~
40	Bhargavi L	P03CT25S126019	~~Bhargavi~~
41	Anagha P. Shanbhag	P03CT25S126008	~~Anagha~~
42	Khushi Singh	P03CT25S126034	~~Khushi~~
43	Nabha Maheen	P03CT25S126054	~~Nabha~~
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Event Coordinator Name: AKSHATHA DEEPAK, SAILAJA BHASKAR MURTHY

Signature:  





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Internal Quality Assurance Cell

STUDENT FEEDBACK FORM

Name of the Student: SUNANTH.C.S UUCMS No. POJ258126115
Course: MCA Sem: II Section: B
Name of Activity: YOGA FOR COMPUTER USER
Organized by: Akshatha S. Shailaja Date: 22/09/2026
Resource Person: _____ Programme/Class: _____

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☐	☒	☐	☐	☐
2	Quality and clarity of content delivered	☐	☒	☐	☐	☐
3	Effectiveness of the resource person/facilitator	☐	☒	☐	☐	☐
4	Interaction and student participation	☐	☒	☐	☐	☐
5	Achievement of the intended learning outcomes	☒	☐	☐	☐	☐
6	Improvement in my knowledge/skills through the activity	☐	☒	☐	☐	☐
7	Ability to apply the learning gained	☒	☐	☐	☐	☐
8	Organization and coordination of the activity	☐	☒	☐	☐	☐
9	Overall satisfaction with the activity	☐	☒	☐	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity:

Yoga, stress relief

Suggestion for improvement / future activity:

none

Would you recommend similar activities in future? ☐ Yes ☐ No

Overall Rating: ☐ Excellent ☒ Very Good ☐ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student:

Sunanth C.S

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Internal Quality Assurance Cell

STUDENT FEEDBACK FORM

Name of the Student: Harshith S A UUCMS No. P03CT25S126021
Course: MCA Sem: 8th Section: A
Name of Activity: YOGA FOR COMPUTER USER
Organized by: Prof. Alkhanna Prof. Saijy Date: 03/09/2020
Resource Person: _____ Programme/Class: _____

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☐	☒	☐	☐	☐
2	Quality and clarity of content delivered	☒	☐	☐	☐	☐
3	Effectiveness of the resource person/facilitator	☒	☐	☐	☐	☐
4	Interaction and student participation	☐	☒	☐	☐	☐
5	Achievement of the intended learning outcomes	☐	☒	☐	☐	☐
6	Improvement in my knowledge/skills through the activity	☐	☒	☐	☐	☐
7	Ability to apply the learning gained	☒	☐	☐	☐	☐
8	Organization and coordination of the activity	☒	☐	☐	☐	☐
9	Overall satisfaction with the activity	☒	☐	☐	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity:

Importance of Yoga & Breathing exercise, helps in relaxing our mind & cope up with our academic activities.

Suggestion for improvement / future activity:

Conduct these activities more often.

Would you recommend similar activities in future? ☒ Yes ☐ No

Overall Rating: ☒ Excellent ☐ Very Good ☐ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student: Harshith S A



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Internal Quality Assurance Cell

STUDENT FEEDBACK FORM

Name of the Student: A Sri Varshini UUCMS No. P03CT255126006

Course: MCA Sem: 2nd Section: A

Name of Activity: YOGA FOR COMPUTER USER

Organized by: Prof. Alubakha, Prof. Sailaja Date: 03/09/2026

Resource Person: _____ Programme/Class: _____

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☐	☒	☐	☐	☐
2	Quality and clarity of content delivered	☐	☐	☒	☐	☐
3	Effectiveness of the resource person/facilitator	☐	☒	☐	☐	☐
4	Interaction and student participation	☐	☐	☒	☐	☐
5	Achievement of the intended learning outcomes	☐	☐	☒	☐	☐
6	Improvement in my knowledge/skills through the activity	☐	☐	☒	☐	☐
7	Ability to apply the learning gained	☐	☐	☒	☐	☐
8	Organization and coordination of the activity	☐	☐	☒	☐	☐
9	Overall satisfaction with the activity	☐	☐	☒	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity:

Importance of Yoga in day to day life. Helps in daily routine.

Suggestion for improvement / future activity:

Yoga program can conduct more often for a fresh mind and relief.

Would you recommend similar activities in future? ☒ Yes ☐ No

Overall Rating: ☐ Excellent ☐ Very Good ☒ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student: A Sri Varshini

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STUDENT FEEDBACK FORM

Name of the Student: Brijanishi UUCMS No. P03CJ2SS126061

Course: MCA Sem: 2 Section: B

Name of Activity: Yoga for Computer user

Organized by: Prof. Saija, Prof. Akshata Date: 22/9/26

Resource Person: _____ Programme/Class: _____

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☒	☐	☐	☐	☐
2	Quality and clarity of content delivered	☒	☐	☐	☐	☐
3	Effectiveness of the resource person/facilitator	☒	☐	☐	☐	☐
4	Interaction and student participation	☒	☐	☐	☐	☐
5	Achievement of the intended learning outcomes	☒	☐	☐	☐	☐
6	Improvement in my knowledge/skills through the activity	☒	☐	☐	☐	☐
7	Ability to apply the learning gained	☒	☐	☐	☐	☐
8	Organization and coordination of the activity	☒	☐	☐	☐	☐
9	Overall satisfaction with the activity	☒	☐	☐	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity:

Focus, Mental state

Suggestion for improvement / future activity:

No

Would you recommend similar activities in future? ☒ Yes ☐ No

Overall Rating: ☒ Excellent ☐ Very Good ☐ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student:

Saija

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